



 **Europe
Triathlon**
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Europe Triathlon



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1. GENERAL INFORMATION

1.1. INTRODUCTION

Welcome to Zagreb – city with a million hearts! All races will be held on Sport Centre Jarun

1.2. KEY DATES

Saturday, 14.09.2024:

- Athletes swim familiarization,
 - Jarun lake, 15:00-15:50h-rowing part.
- Athletes bike familiarization
 - Jarun lake, 16:00-16:45-two laps
- Athletes registration:
 - Faculty of Kinesiology , 17:00-18:00
- Athletes briefing
 - Faculty of Kinesiology , 18:00-18:30
- Athletes race package pick up
 - Faculty of Kinesiology, 18:30-19:30

Sunday, 15.09.2024:

- Individual Europe Triathlon Junior Cup Race
 - Junior Women start 8:30
 - Junior Men start 11:00

1.3. KEY CONTACTS-

Race director: Dorijan Pavliša, zagreb.triathlon@gmail.com, +385 99 6469487

Technical Delegate: Ivan Mihajlovski, ivanmihajlovskiswim@gmail.com, +389 70363958

Assistant Technical Delegate: Martina Barišić, martina.barisic23@gmail.com, +385 953912022

Medical Delegate: dr. Zdravko Husnjak

Athletes service manager:

1. Accommodation and transfers: Maro Šikić, maro.sikic@eventra.hr, +385 992282654
2. Other inquiries: Nataša Preis-Bedenik and Petar Filipčić, zagreb.triathlon@gmail.com

Media manager: Lora Žulicek, zuliceklora@gmail.com, +385 955643341

1.4. CONTACT DETAILS

Organizer:

Zagrebački triatlonski savez / Zagreb Triathlon Federation

Address: Aleja Matije Ljubeka 3, 10 000 Zagreb

E-mail: zagreb.triathlon@gmail.com

Contact person: Dorijan Pavliša, +385 99 6469487;

Hrvatski triathlon savez / Croatian Triathlon Federation

Adress: Trg Krešimira Ćosića 11, 10 000 Zagreb

E-mail: hts@triathlon.hr

2. VENUE

2.1. RACE VENUE

Lake Jarun, Zagreb



2.2 COURSE FAMILIARIZATION

Swim familiarization will be on Saturday, Jarun lake at **15:00**, meeting point is in front of Lake Jarun, Central Building

Bike familiarization will be on Saturday Jarun lake at **16:00**, meeting point is in front of lake Jarun, Central Building-Transition area.

ETJ CUP ZAGREB VENUE MAP



Athletes need to take into consideration that regular traffic around the lake in Sport Centre Jarun is:

- one –way for cars and motorized vehicles with special permits only
- two-way for bikes on the special bike lanes

During the race, road will be used opposite of regular traffic in several parts and will be completely closed.

2.3. ATHLETE'S LOUNGE

Location: Secured area allocated beside transition zone, there will be toilets, recovery zone, bike mechanic

2.4. ATHLETES' RACE PACKAGE AND REGISTRATION

Race package can only be picked up after entry fee is paid.

NO CASH PAYMENT ON SITE

- Entry fee for European Triathlon Junior Cup: 75,00 EUR
- **Please request an invoice with payment details no later than 10th of September 2024**

Template for request of invoice: <https://forms.gle/cEHjcuMGYea3emC6>

Entry fee payment info:

ZAGREBAČKI TRIATLONSKI SAVEZ
ALEJA MATIJE LJUBEKA 3, 10 000 ZAGREB
IBAN: HR 63 23400091110042942
SWIFT/BIC: PBZGHR2X
BANK NAME: Privredna banka Zagreb (PBZ)
Lake Jarun, Zagreb

Pick up of packages :

Saturday 14.09.2024, Faculty of Kinesiology, after the briefing
Race package includes: helmet numbers, athlete's number, bike number, body decals, accreditation pass.

Athletes Registration:

Saturday 14.09.2024, Faculty of Kinesiology, **17.00-18:00, before the Athletes briefing.**
The athletes must carry their identity cards or passport

2.5.DOPING CONTROL

Doping Control will be performed according to the World Triathlon / WADA rules.

The athletes must carry their identity cards or passport to the doping control facilities.

2.6. SECURITY

Private security service will be provided on race days.

2.7. LOC OFFICE

Lake Jarun, Dom sportaša:
E-mail: zagreb.triathlon@gmail.com
Contact person: Dorijan Pavliša, +385 99 6469487

3. ACCOMMODATION

Contact for accommodation Maro Sikic, maro.sikic@eventra.hr, +385 992282654

4. TRANSFER AND TRANSPORT

Arriving by plane:

Zagreb International Airport

E-MAIL: info@mzlj-zagreb-airport.hr

WEB: www.zagreb-airport.hr

Cost of taxi transportation from Zagreb airport to Zagreb
may vary from 25-50 EUR

Arriving by train:

Main Railway Station

Address: Trg kralja Tomislava 12

TEL: +385 60 333 444, +385 1 37 82 583

E-MAIL: informacije@hzpp.hr

WEB: www.hzpp.hr

Arriving by bus:

Main bus terminal

Address: Avenija Marina Držića 4

TEL: The information office number is: +385 60 34 03 40.

For information about arrivals and departures dial: +385 60 31 33 33.

The traffic office is at: +385 60 08 645.

E-MAIL: promet@akz.hr

WEB: www.akz.hr

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES

Sport Park Jarun is the place to go for rest and recreation. It offers cycling paths, jogging and running tracks. The lake itself contains one of the best rowing lanes in Europe.

Lake Jarun is accessible:

- **BY PUBLIC TRANSPORT:** Tram lines 5 and 17, ticket price approximately 0,55 EUR in stores /0,80 EUR in the tram (30 min)
- **BY CAR: Car entrance to the lake is not allowed**



SWIM POOL: Sport park Mladost

Address: Jarunska 5, 10 000 Zagreb

Tel. +385 1 658-553

e-mail: sportski.park.mladost@jarun.hr

Working days:

6:00 – 9:00 in 50m pool

9:00 – 20:00 25 m pool

Saturday: 13:00 – 17:00 h 50m pool and 25 m pool

Sunday: 10:00 – 14:00 h 50m pool and 25 m pool

There are no swimming line reservations, first come – first serve. Working hours can be changed due to pool maintenance, please check before you go!



Lake Jarun, opened 24/7



Lake Jarun, opened 24/7

5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available before and during the training sessions and during the race. Medical and Paramedical personnel will be available throughout the race. One Ambulance Car will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area. Medical services at the venue are free of charge.

Treatment in private hospitals is to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Medical Delegate: dr. Zdravko Husnjak

Closest Hospital:

Sisters of Charity in Zagreb

Vinogradska cesta 29, 10000, Zagreb

Contact: +38513787111

Open: 08:00-16:00

Emergency ambulance:

Zagreb Emergency Medicine Service

Heinzelova ul. 88

Contact: +385 1 6302 911

Open: 0-24

Emergency telephone number: **112**

Emergency ambulance: **194**

6. COMPETITION SCHEDULE

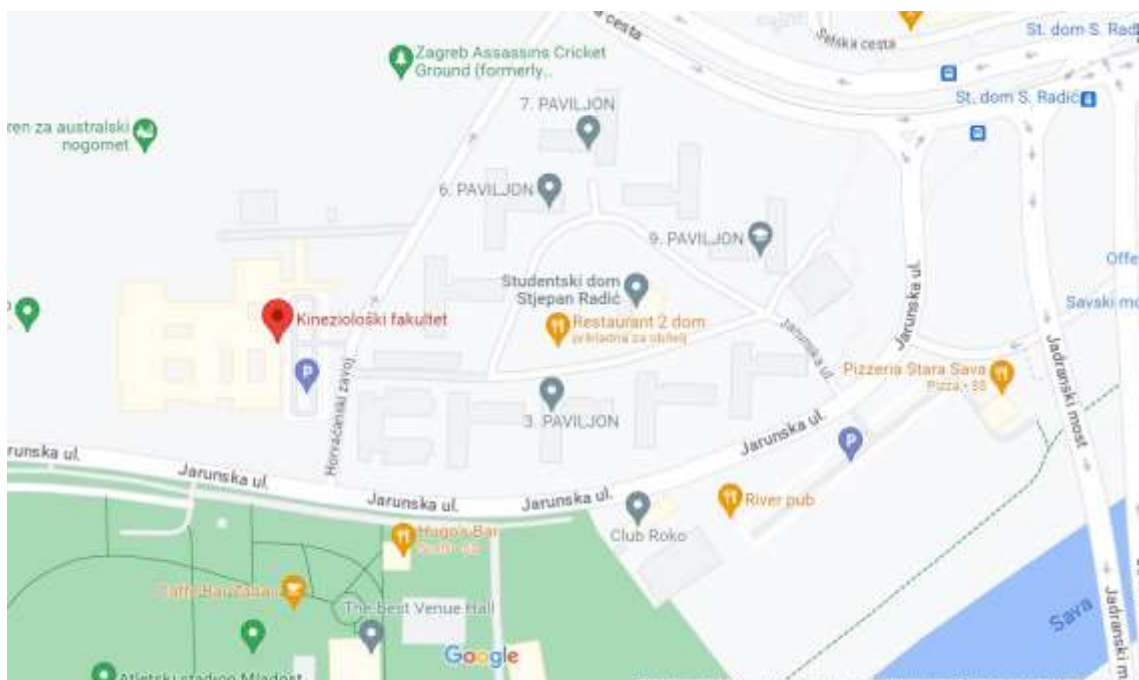
DAY	START	END	ACTIVITY	LOCATION
Saturday, 14.09.2024.	15:00	15:50	Athletes Swim Familiarization	Jarun lake
Saturday, 14.09.2024.	16:00	16:45	Athletes Bike Familiarization	Jarun lake
Saturday, 14.09.2024.	17:00	18:00	Athletes Registration	Faculty of Kinesiology
Saturday, 14.09.2024.	18:00	18:30	Athletes Briefing	Faculty of Kinesiology
Saturday, 14.09.2024.	18:30	19:30	Athletes Race package pick-up	Faculty of Kinesiology
Sunday, 15.09.2024.	07:00	08:00	Junior Women Athletes Lounge Chek in	Jarun lake
Sunday, 15.09.2024.	07:30	08:15	Junior Women Transition Check-in	Jarun lake
Sunday, 15.09.2024.	07:45	08:15	Junior Women Swim Warm up	Jarun lake
Sunday, 15.09.2024.	08:20		Junior Women Athletes Introduction	Jarun lake
Sunday, 15.09.2024.	08:30		Junior Woman Race START	Jarun lake
Sunday, 15.09.2024.	09:40	09:50	Bike check out Junior Women	Jarun lake
Sunday, 15.09.2024.	09:15	10:15	Junior Men Athletes Lounge Chek in	Jarun lake
Sunday, 15.09.2024.	10:00	10:45	Junior Men Athletes Transition Check-in	
Sunday, 15.09.2024.	10:15	10:45	Junior Men Athletes Swim Warm up	
Sunday, 15.09.2024.	10:50		Junior Men Athletes Athletes Introduction	
Sunday, 15.09.2024.	11:00		Junior Men Race START	Jarun lake
Sunday, 15.09.2024.	12:10		Bike Chek-out Junior Men	Jarun lake
Sunday, 15.09.2024.	12:20		Award Ceremony Junior Women & Junior Men	Jarun lake

6.1. COMPETITION RULES

The event will follow the latest published [Competitions Rules](#) of the International Triathlon Union.
The athletes must carry their identity cards.

6.2. ATHLETE'S BRIEFING

Athletes briefing will be on Saturday, 14.09.2024. on Faculty of Kinesiology at 18:00 (Horvaćanski zavoj 15, 10110, Zagreb)



Be on the location not late then, 60 min before the briefing, for signing the athlete registration forms. Bring your personal ID card or passport for identification.

6.3. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athlete's ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

Results will be uploaded live at the WT official website www.triathlon.org.

6.4. PROTEST & APPEALS

Standard procedures will be followed according to the WT Competition Rules

7. ACCREDITATION

The LOC will provide an official Accreditation Cards.

Accreditation Cards for European Junior Cup will be distributed in race package for athletes.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas. All accredited people are requested to always carry their Accreditation Cards with them and to show them upon request. Accreditation Cards are mandatory to enter the venue.

Accreditations will be provided for WT approved coaches and medicals during Athletes Registration.

8. OTHER USEFUL INFORMATION

8.1. LANGUAGE: Croatian

8.2. POPULATION: Zagreb - 806,920; Croatia - 4,128,264

8.3. CURRENCY: Euro (EUR)

8.4. TIME: UTC +2 CEST - Central European Summer Time

8.5. ELECTRICITY: In Croatia the power plugs and sockets are of type C and F. The standard voltage is 230 V and the standard frequency is 50 Hz.

8.6. WATER: drinkable tap water

8.7. EMERGENCY NUMBERS:

- General emergency: **112**
- Ambulance: **194**
- Police: **192**
- Fire brigade: **193**
- Emergency road service: **1987**

9. COURSE MAPS

JUNIOR RACE COURSE

 SWIM COURSE

Start procedures: lake Jarun, water start

750 meters

Number of laps: 1

Average water temperature: 23 C

Map of the swim course:



TRANSITION FLOW 1:

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line

ETJ CUP ZAGREB TRANSITION FLOW 1



 BIKE COURSE

Description:

Race will be held on road and bike path inside sports centre and will be completely closed to traffic.
Flat with technical elements.

20km with 6.66 per lap

Number of laps: 3

Location of the wheel station: next to turning point /closer to transition



TRANSITION 2:

Running shoes may be placed beside the rack or in the bin.

After the last athlete finishes T2, all bikes and gear must be moved by athletes.

ETJ CUP ZAGREB TRANSITION FLOW 2



 RUN COURSE-

Description: beside lake, completely flat

5km

Number of laps: 2

Penalty box located on run turning point closer to transition.



ETJ CUP ZAGREB RUN COURSE | 2 laps | 2,5 km



FINISH

FINISH



Europe Triathlon



Good luck!